



## Okay... You Don't Have 20 Minutes for a Nap? by award-winning author / stress-relief expert Susie Mantell

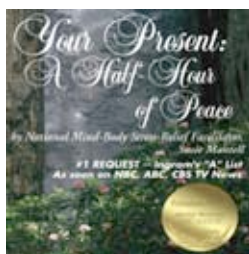
### Release ... Replenish ... Renew... in 2 Minutes Flat!

#### Try this mini-visualization:

1. Eyes closed, visualize all your thoughts and worries gently bobbing on a raft before you.
2. Now, watch them easily floating down a gentle river ... downstream ... and out of sight.
3. Inhale white light, exhale worries, and gently begin to release from the top of your head.
4. Visualize an elevator slowly descending the spine, soothing each vertebra, muscles beginning to let go, jaw loosening as your face softens.
5. Continue this progressive relaxation down the body, melting into your chair.
6. Enjoy this mellow feeling for a minute.
7. Inhale just a little energy and then a little more ... and start coming back to resume your day, refreshed.

Check out the "Ask Susie..." page for some more specific strategies!

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## END OF THIS TIP##